



# Garlic-Herb Beef & Creamy Pesto Salad

with Feta & Toasted Almonds

MONTHLY SPECIAL

Grab your Meal Kit with this symbol



Tomato



Cucumber



Garlic & Herb Seasoning



Beef Strips



Flaked Almonds



Mixed Salad Leaves



Creamy Pesto Dressing



Cow's Milk Feta



Beef Strips

Prep in: 15-25 mins  
Ready in: 15-25 mins



Carb Smart

\*Custom Recipe is not Carb Smart

Quickly-cooked beef strips meld together wonderfully with creamy pesto dressing in this Mediterranean-style salad. Make it a meal with crumbly feta cheese, and now you've got yourself a fusion of textures and flavours you simply can't miss out on!

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, White Wine Vinegar



## Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
tomato	1	2
cucumber	1 (medium)	1 (large)
garlic & herb seasoning	1 sachet	1 sachet
beef strips	1 packet	1 packet (or 2 packets)
flaked almonds	1 packet	2 packets
mixed salad leaves	1 large bag	2 large bags
creamy pesto dressing	1 packet (40g)	1 packet (80g)
<b>white wine vinegar*</b>	drizzle	drizzle
cow's milk feta	½ packet (95g)	1 packet (190g)
beef strips**	1 packet	1 packet (or 2 packets)

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2065kJ (494Cal)	522kJ (125Cal)
Protein (g)	39.4g	10g
Fat, total (g)	32.6g	8.2g
- saturated (g)	11g	2.8g
Carbohydrate (g)	8.9g	2.2g
- sugars (g)	4.9g	1.2g
Sodium (mg)	1184mg	299mg
Dietary Fibre (g)	3.5g	0.9g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2861kJ (684Cal)	549kJ (131Cal)
Protein (g)	68.2g	13.1g
Fat, total (g)	40.9g	7.9g
- saturated (g)	14.3g	2.7g
Carbohydrate (g)	8.9g	1.7g
- sugars (g)	4.9g	0.9g
Sodium (mg)	1234mg	237mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

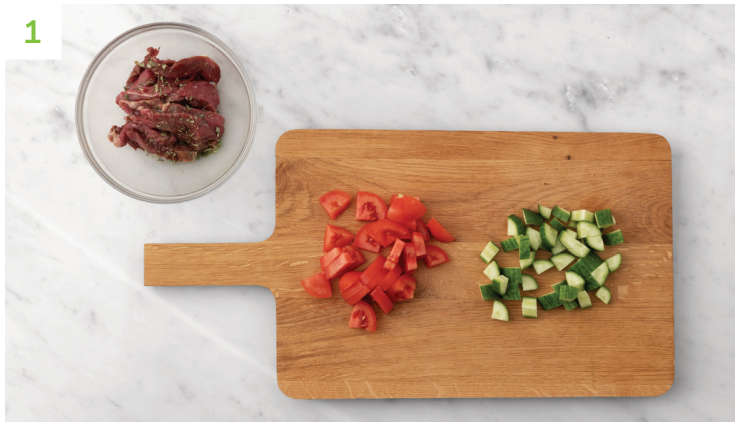
## We're here to help!

Scan here if you have any questions or concerns

2023 | CW30



1



## Get prepped

- Roughly chop **tomato** and **cucumber**.
- In a medium bowl, combine **garlic & herb seasoning** and a drizzle of **olive oil**. Add **beef strips** and toss to coat.

3



## Bring it all together

- In a large bowl, combine **tomato**, **cucumber**, **mixed salad leaves**, **creamy pesto dressing** and a drizzle of **white wine vinegar** and **olive oil**. Season to taste.

2



## Cook the beef

- Heat a large frying pan over medium-high heat. Toast **flaked almonds**, tossing, until golden, **2-3 minutes**. Transfer to a bowl and set aside.
- Return the frying pan to high heat with a drizzle of **olive oil**. When oil is hot, cook **beef strips** in batches, tossing, until browned and cooked through, **1-2 minutes**.

**TIP:** Cooking the meat in batches over high heat helps it stay tender.

**Custom Recipe:** If you've doubled your beef strips, cook in batches for the best results!

4



## Serve up

- Divide creamy pesto salad between bowls and top with garlic-herb beef.
- Crumble over **feta (see ingredients)** and garnish with toasted almonds to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://www.hellofresh.co.nz/rate)